

## Patient Instructions for Internet MOVE! Enrollment

The MOVE! Program is the weight management lifestyle program.

1. Go to web address: [www.move.va.gov](http://www.move.va.gov)
2. Click on: "**MOVE! 23 Patient Questionnaire**"
3. When you have completed the questionnaire, click on: "**Click here to end the questionnaire.**"
4. You will be given a Participant / Retrieval Code (RC) at the top of the screen. Write the RC down and call it in to the MOVE!Program.
5. Call **503-220-3482** and leave a message at the message box. Be sure to *slowly* and clearly leave your **NAME, LAST 4, and PARTICIPANT CODE** on the voice mail.
6. Once we receive your Retrieval Code we will call you to schedule an appointment for the MOVE! Orientation Group.

### Contact Information:

Department of Veterans Affairs

**MOVE! Program P3GP1**

PO Box 1034

Portland, OR 97207-9823

<http://www.portland.va.gov/MOVE/index.asp>

(503) 220-3482

